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See p2



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Researchers at Queen Mary, University of London are conducting a ground breaking study, assessing the effects of therapeutic taping on Tennis Elbow. You will need to attend Queen Mary, Mile End Campus, once for 2 hours (5 minutes walk from Stepney Green Station).

If you are interested in participating or for further information, please call
Dr Peter Malliaras, Senior Clinical Lecturer,
Institute of Health Sciences Education,
Barts and The London School of Medicine
and Dentistry. Tel: 07806 719970,
email: p.malliaras@qmul.ac.uk
www.ihse.qmul.ac.uk



CELEBRATE: Councillor Rocky Gill with staff at the Vibe and their trophy.
Picture by Roy Tillet

CHILDREN'S SERVICES ARE SIMPLY THE BEST

CHILDREN'S services in Barking and Dagenham are the best in the country.

The council-run department won the top prize at the Local Government Chronicle (LGC) awards after beating off a shortlist of seven other councils.

Judges praised the innovative way officers engaged with youngsters by using new media.

Schemes that won praise from

judges included young people carrying out inspections on council services; short films distributed to young people using Bluetooth technology; petitions and awareness raising campaigns.

Councillor Rocky Gill, cabinet member for education and children, said: "It is an honour for children's services to win one of the top awards for local government."

"The award recognises how we

consult, involve and listen to our local children. They are hugely important and instrumental in services that impact on their lives.

"I would like to congratulate everyone involved on their huge achievement."

Children, young people and parents regularly use forums such as the BAD Youth Forum and Borough-Wide Parents' Board to feed back to the council team.

The work also allows voluntary and private sector partners ranging from the police to the Barking and Dagenham Chamber of Commerce to get involved.

Helen Jenner, corporate director for children's services, praised her staff and those involved in working to make improvements.

She said: "This is fantastic news and I would like to congratulate the service for its hard work."

Stolen car appeal

POLICE are appealing for information about the driver of a car stolen from Dagenham, who left a four-year-old boy seriously injured.

The green Ford Galaxy was taken from Haydon Road between 8pm and midnight.

The vehicle was abandoned near Hanameel Street, Silvertown, after hitting a toddler on Thursday at 6.30pm.

Anyone with any information is urged to call 020 7275 5855.

Protect your home

NOW that the clocks have changed and the weather is turning warmer, police are reminding residents to keep doors and windows locked.

Even if you are only in the garden, you should be aware of the possibility that someone could nip inside your property through an open door and help themselves to your possessions.

Crime prevention advice is available at www.met.police.uk

The SX Factor

CAN you sing, dance, rap or play an instrument? Do you want to appear on television and at a music festival?

Essex performers are wanted by east London radio station NuSound (92FM) for a competition called the SX Factor.

The station, in association with the Yellow Advertiser, will be hosting a two-day festival this summer.

For more information about the event, e-mail sxfactor@nusoundradio.com

Becontree, Becontree Heath, Chadwell Heath, Creekmouth, Rush Green, Parsloes Park, Upney

INSIDE this week



Dagenham Motors backs lifesaving campaign

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YellowAdvertiser

**Yellow Advertiser Ltd,
Acorn House, Great Oaks,
Basildon, Essex SS14 1AH.**

The office is open between 8.30am-5.30pm from Monday to Thursday and until 5pm on Friday.

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Distribution: 01268 503380
Leaflet sales: 01268 503386
For all reader travel bookings and enquiries call 0845 226 7747

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Recycled paper made up 80.3 per cent of the raw material for UK newspapers in 2005.



Competition

Win tickets to see rock 'n' roll star Joe Brown

THE PHRASE 'music legend' is frequently bandied about but there are few who deserve the accolade as richly as Joe Brown.

A true blue British phenomenon, Joe has often, and rightly, been credited as being the UK's very first rock 'n' roll guitarist. A real home-grown musical pioneer.

But Joe is not bound by the past – he is as contemporary and relevant today as he ever was and attracts a growing legion of fans wherever he plays. This spring he and his band, which includes his producer son Pete, will take to the road again on an impressive 40 date tour across the UK, which includes an appearance at the Cliffs Pavilion on Thursday, April 14.

Joe – the only British guitar giant to have spanned more than five decades – has influenced many people throughout his career including Jeff Beck, Mark Knopfler and George Harrison. He has had sell out tours and number one albums over the years and has picked up a number of awards including an MBE, and MOJO magazine's coveted 'Outstanding Contribution To Music'.

Joe, who plays a variety of instruments from banjo and ukulele, to guitar and violin, is without doubt a one off. He is a compelling and unique performer with a rare and

singular track record – a real live Music Legend if ever there was one.

Tickets for Joe Brown's appearance at the Cliffs Pavilion cost between £20 and £24, and are available by calling the box office on 01702 351135, or by visiting www.thecliffspavilion.co.uk

For your chance of winning one of three pairs of tickets to the show just answer the following question:

Q: How many decades has Joe been in the music business?

A: Three

B: Four

C: Five

To enter the competition, telephone your answer – A, B or C – to 0901 307 1118 along with your name, address and telephone number.

Alternatively text YAJOE (space) followed by A, B or C, and your name and address to 63333.

Calls cost 50p from a BT landline. Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your standard network rates. If you do not wish to receive details on any other products or services, please text EXIT at the end of your message.

Lines close on Thursday, April 7. Entries received after the closing date will not be counted but you may still be charged.



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FILE: Pamela Bent gets a helping hand from Census co-ordinator Lawrence Semackor at Dagenham Library. Picture by Roy Tillet

Need help filling out your Census?

By Martyn Dolton

IF YOU have not already filled out your Census and need a bit of extra help, there are some advice sessions just for you.

Volunteer advisors will be on hand for the next few days giving advice if you have any questions.

You should return your completed Census by Wednesday, April 6.

The remaining advice sessions are taking place today (Thursday) at Barking Learning Centre from 5-7pm and tomorrow (Friday) between noon and 2pm.

Another session takes place tomorrow at Castle Green, Gale

Street, Dagenham, from 5-7pm.

Experts will also be on hand at Dagenham Library on Friday, from 4-6pm and Barking Learning Centre from 4.30-6.30pm.

The last sessions take place at Dagenham Library, Wantz Library and Barking Learning Centre from 10am on Saturday.

> speedread

Mum of the Year

DAGENHAM diva Stacey Solomon has been named Celebrity Mum of the Year.

The 21-year-old, who found fame on TV's The X-Factor, won the Foxy Bingo competition.

Stacey beat soap actress Kym Marsh and presenter, Holly Willoughby to the title.

Dancers needed

LOCAL dance groups are being sought to take part in this year's Dance Festival.

Xpression is a dance showcase which will take place in the first week of the festival, which runs during June and July.

If you are interested in taking part, contact Neesha Badhan on 020 8227 2482 or e-mail neesha.badhan@lbbd.gov.uk

Alley cleaned

A RUBBISH-STREWN alleyway has been cleaned up by volunteers.

The alley, in Wakering Road, Barking, was a dumping ground for rubbish, including black bags and mattresses.

Local residents and business people got together and cleared the alleyway within two hours.

Dagenham fire

FOUR fire engines were called to a house fire on Rogers Road, Dagenham yesterday (Wednesday).

The whole of the first floor was badly damaged by the blaze.

The fire started at 10am and was under control by 11.40am.

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London 2012 news round-up

By Matthew Stanton

'THE GAMES will be a sell out' – 2012 Olympics chairman Sebastian Coe made that guarantee during his tour of Hadleigh's mountain biking track last week.

Lord Coe, who is chairman of the London Olympic Committee Organising the Games, believes all 6.6million tickets available for the 36 events across the UK will be purchased.

The former Olympic gold medalist toured Hadleigh Farm, which is hosting the two-day mountain biking competition last Wednesday, and he believes the event will be one of the first to sell out.

Lord Coe said: "The Games will sell out and Hadleigh will be one of the first - it is one of the competitions the Great Britain team could win gold in.

"Mountain biking is a fast, exciting and unpredictable sport and the races have one of the best Olympic backdrops I have ever seen.

"I am pleased we are at this stage where we have a completed course with just less than 500 days before the Olympics.

"This is a real testament to Essex County Council's hard work."

The borough tour saw Lord Coe also visit Hadleigh Fire Station, which will be turned into a cultural hub for the Games.

Salvation Army workers then



Lord Coe visits Hadleigh Farm

showed Olympic officials around the viewing area for ticket holders - just

County Council's cabinet member for the Games, Stephen Castle, and the GB team on a small race before competitors tested rock climbs and declines.

Mr Castle said: "Getting the track completed has been a real test, especially when we had the snow earlier this year.

"At one stage, people were snowboarding down the Olympic track, not cycling on it.

"I am proud that Hadleigh has

become one of the first to officially complete an Olympic event.

"There is still a lot of work to do yet, but we have hit a major milestone."

The track will be tested on Sunday, July 31, before the competitions take place over the weekend on August 11 and 12, 2012.

Ticket prices will range from £20 to £45 with some discounts, such as the Pay Your Age scheme, available.

'Challenging'

OLYMPIC hopefuls have described Hadleigh's mountain biking track as 'one of the toughest' they have faced.

Liam Killeen, perhaps Britain's best hope for a medal, joined GB riders David Fletcher, Kenta Gallagher, Katy Winton and Lily Matthews for the first ride out on the course.

The rider, from Worcestershire, who won gold at the 2006 Commonwealth Games, is hoping he will get the opportunity to compete against other countries in 2012.

He said: "The course will bring out the best in everyone. Races will be exciting, performed at the highest standard and I would not be surprised if there are a few crashes.

"The rock features are tough, but the climbs are tougher. Hadleigh is certainly one of the toughest tracks I have faced."

Building work at the 500-acre Hadleigh Farm site started last July with more than 500 tonnes of rock and 3,500 tonnes of crushed stone used.

Each race will last between 90 and 105 minutes. Every lap also includes an elevation change of about 107 metres.

Up to 100 riders will be invited to the test event in July, and 50 male and 30 female riders will compete at the Olympics.

GB rider, Lily Matthews, said: "I would love to be named as one of the females who will represent our country in the Games. It is going to be tough.

"As for the course, I would not call it extreme, but the climbs are very challenging. Hadleigh will test all the riders competing."

The course was initially meant for Weald Country Park, in Brentwood, until organisers decided it was not challenging enough.

What do you think? Write to Readers' Letters, Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail letters@yellowad.co.uk

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Message in a bottle



By Martyn Dolton

DAGENHAM Motors has backed a lifesaving campaign.

The company has supported the Lion's Club 'Message In A Bottle' scheme, which provides paramedics, ambulance staff and doctors with vital information when they are called to the home of a patient.

A small plastic bottle containing a medical form is left in the refrigerator and a green sticker is placed on the front door which alerts emergency staff to the medical information contained in the fridge.

Dagenham Motors dealership has a free supply of bottles for people who could make use of the scheme in the event of an emergency.

To collect a free bottle, visit your local Dagenham Motors Motability specialist on Ripple Road, Barking, or call 020 8911 3333.

LIFE SAVER: Malcolm Tutton (left) from Dagenham Motors, Brian Wallis from the Lions Club and Martin Stamp from the Ambulance Campaign launching 'Message In A Bottle' at Dagenham Motors.



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Police cadets collect cash for charity

BARKING and Dagenham Police cadets raised more than £500 for the Help for Heroes Campaign at the weekend.

Ten cadets volunteered their time at the Oxford / Cambridge boat race to collect money for the cause.

The youngsters spent six hours moving around various locations collecting donations.

The cadets were also sent on errands for donations - one lady pledged to donate £5 if the cadets could find her

a bottle opener for a her beer.

FUNDRAISERS:
Members of the Barking and Dagenham Police cadets.



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Saturday, April 2

■ Art and Artisans Craft Fair - Upstairs The George Pub, Wanstead, E11, 10am-4.30pm, admission free, refreshments available.

■ Open Day - Fairlop Sailing Centre, Forest Road, Hainault, activities include sailing, canoeing, rowing, powerboating, climbing/bouldering, also Walk 2 Health session, Nature Trails and Orienteering, 8 years plus, 10am-3pm, no booking required, all activities free, enquiries 020 8500 1468.

■ Wanstead Place Walk - Meet entrance of Wanstead Place Surgery, London E11, 10.30am (approx. 1 hour), free. 020 8708 0952.

■ Walk - West Essex Ramblers, meet 10.30am, by Church Lane, Sheering, 7 miles with pubs available afterwards.

■ Tennis - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.

■ Tai Chi for Beginners - St Andrew's Church Hall, St Andrew's Road, E17 (off Higham Hill Road), every Saturday 9-10am, first two lessons free.

■ Garden Organically - Come and join our small friendly cooperative at Gale Street Organic Growers, Saturdays and Wednesdays, not just an allotment but a community garden, details 07815 500190.

Sunday, April 3

■ Treasure Trunks - Valentines Mansion, Emerson Road, Ilford, build a paper trunk and use your drawing skills to fill it with treasure, all ages, families and adults, 11am-3pm, free. 020 8708 8100.

■ Walk - Epping Forest HF Group, meet 10.30am, Epping Station, 9 miles through forest and countryside via Upshire and Coppd Hall, bring a packed lunch. 020 8504 1329.

■ Walk - Ilford & District CHA Rambling Club, start 10.30am, car park in Nags Head Lane,

Tylers Common, opposite the Garden Centre, 5 miles visiting Warley Place and Essex Wild Life Trust's Nature Reserve, lunch at the Reserve or pub next door. 020 8926 4593.

■ Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, details Mark 020 8598 8435 (before 9.30pm).

■ Goresbrook Squash Club - We run Essex Squash Mens and Ladies teams every Sunday 6.20-9pm, £3. 07814 902002.

■ Learn to Dance Modern Jive - Hainault Forest Community Centre, every Sunday 7-10.30pm. 07768 005858.

■ Sunday Service - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.

■ Sunday Services, Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.

■ Sunday Services - Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon. 012794159441.

Monday, April 4

■ Goodmayes Park Walk - Meet entrance at Aberdour Road/Abbotsfield Road, Goodmayes Park, 11am (approx. 1 hour), free, all welcome. 020 8708 0952.

■ Yoga Classes - The Peterhouse Centre, Walthamstow, Mondays 1-3pm and at Tiptree Community Hall, Barking, 7.30-9.30pm, call Kay Russell 020 8554 7168.

■ Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon. 020 8527 1454.

■ Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.

■ Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, Mondays 7pm (except Bank Holidays), entry free. 020 8592 8821.

■ Rehearsals - Redbridge Ladies Choir, Canon Palmer School, Seven Kings, Mondays 7.45-9.15pm. 01708 780964 or 020 8550 8677.

■ Rehearsal - The Rodding Players Orchestra, Rodding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329.

■ Forest Highlanders - The Forest

Highlanders Pipes and Drums, St Cedd's Church, Seven Kings, every Monday 8pm. 020 8529 0453.

■ Chingford and Walthamstow Chess Club - Priory Court Community Centre, every Monday 7.30pm, Tony 020 8524 0827.

Tuesday, April 5

■ Flower Arranging/Meeting - Leyton and Wanstead Flower Club, Wanstead Quaker Meeting House, Bush Road, Wanstead, 7.15 for 7.45pm start, visitors £4, new members welcome. 020 8524 6526.

■ Meeting - Diabetes UK Ilford and District Diabetic Club, The Drawing Room, Valentines Mansion, Valentines Park, Ilford, 7.45pm, further details 020 8500 9721.

■ South Park Walk - Meet car park adjacent to tennis courts, South Park, Ilford, 10am (approx. 1 hour), free, all welcome. 020 8708 0952.

■ Valentines Park Walk - Meet outside café in park, Ilford, 10am (between 1-2 hours), free, all welcome. 020 8708 0952.

■ Club - Barking and Dagenham Plus, The White Horse Inn, 118 High Road, Chadwell Heath, meet new friends and get involved in the local community, for everyone aged 18-35, every Tuesday 9pm, free trial membership, Joe 07958 669339.

■ Rehearsals - Gilbert and Sullivan - Chapel End Savoy Players, St John's Church, Chingford Road, Walthamstow, Tuesdays 8-10pm. 07852 928287.

■ Coffee Shop - Eastern Avenue Baptist Church, East Road, Chadwell Heath, every Tuesday 10am, games, videos, friendship, all welcome. 020 8599 1479.

■ Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, Tuesdays 1.30-4pm. 020 8595 3973.

Wednesday, April 6

■ Meditation Group - South Woodford, meditation instruction from a qualified instructor, discussion and occasional recorded talks, free of charge, donations welcome, every Wednesday 7.30-9pm. 07940 131572.

■ Live Blues Jam - Coach and Horses, 391 High Road, Leyton, featuring guests, regulars and house band musicians, entrance £2, listeners, £1 musicians, all welcome singers and drummers especially, every Wednesday, 8.30-11.30pm. 020 8502 0351.

■ Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498.

■ Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.

■ Table Tennis, Forest Community, Guildford Road, Walthamstow, every Wednesday 8pm, new members welcome, details Ray Massey 020 8524 4289.

■ Meeting - Friends Club, St Cedd's Church Hall, Blythwood Road, Seven Kings (opposite Homebase), Wednesdays 1-4pm, short mat bowls and snooker, 50p per session.

Thursday, April 7

■ Circle Dancing to World Music - Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, £4 including refreshments, beginners welcome, no partner needed, Pat 020 8556 3508.

■ Wanstead Park Walk - Meet park entrance Warren Road, Wanstead, 11am (allow 2 hours), free, all welcome. 020 8708 0952.

■ Volunteer Day - Claybury Woods, meet at junction of Ravensbourne Gardens and Wedmore Avenue, Clayhall, 11am-3pm, free, practical conservation work, adults. 020 8559 2316.

■ TeenDreams an Exhibition - Redbridge Museum, 1st Floor Exhibition Area, Ilford Central Library, Clements Road, Ilford, 60 years of Redbridge teenage life, all welcome, showing to June 18, Tues-Fri 10am-5pm and Sat 10am-4pm, free admission. 020 8708 2317.

■ Cheeky Monkeys Playgroup - St John's Church Hall, Leytonstone, Thursdays 10am-noon, toys, crafts, singing. 07740 586926.

Friday, April 8

■ Mummy Boot Camp - Wanstead, Mums and babies in buggies exercising together, Fridays 11am. 07719 626642.

■ Badminton - St Anne's Church, 200 Larkwood Road, Chingford, friendly club welcomes new members, every Friday 8.30-10.30pm, no complete beginners, intermediate possibly. 020 8524 4069.

■ Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome. 020 8517 6256.

■ Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.

■ Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Duntun Road, Leyton, pipers, drummers and learners welcome, Fridays 8pm. 020 8520 1727.

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Call 01268 503 400

Minimum charge £9.00 • 9.00am-5.00pm

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Orders are accepted by the Publishers subject to the Standard Conditions agreed between the Newspaper Society and the Institute of Practitioners in Advertising. Save that:

1. Advertisements are accepted on the conditions that (a) descriptions relating to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, and (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements) Regulations 1980.

2. 'Classified' Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. A telephone number is an optional addition to these requirements and not an alternative.

To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as 'trade', 'dealer', 'agent', 'wholesaler', '(T)' etc. in the advertisement.

3. The Publishers accept no liability whatsoever for any loss or damage however caused arising out of:

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- Any failure to publish an advertisement on the day / date or day / dates specified by the advertiser; or
- Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.

4. The Publishers will endeavour to publish advertisements on the day / date or day / dates specified by the Advertiser but insertion days / dates cannot be guaranteed.

5. Where shrinkage of advertisement occurs for whatever reasons the advertisement will be charged to the nearest full centimetre. This will NOT apply to the full-page advertisements, which remain full pages even after shrinkage.

6. The Publishers reserve the right to reject an advertisement or to vary it in any way they deem fit, at any time before publication, whether or not the advertisement has already been accepted for publication.

7. Whilst every effort is made to minimise errors in advertisements, mistakes do sometimes occur. Advertisers or their agents should therefore check their advertisements and inform us of any errors immediately. Responsibility cannot be accepted for more than one incorrect insertion. Typographical or minor changes, which do not affect the value of the advertisement, do not qualify for republication or allowances.

8. All gross advertising rates (except classified lineage and semi-display) are subject to and include a 0.1% Advertising Standards Board of Finance surcharge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.

9. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.

10. Should the rate for advertisements be altered the price for remaining insertions shall be revised accordingly or the publishers shall have the right to cancel the unexpired portion of the order.

11. The placing of an advertisement order will be deemed an acceptance of these conditions.

12. Account facilities are granted at the discretion of the Company.

13. All accounts must be settled within the terms agreed by the Company and the Customer.

(1) Should an advertiser be in breach of the agreed terms, the publisher shall be entitled to levy a 10% surcharge on the value of the whole debt in respect of accounts with terms of less than 30 days, and any discounts or commissions that had been allowed will be reclaimed.

(2) Regular monthly accounts that are in breach of the agreed terms will pay an interest rate of 6% above the current bank of England base rate for each month that the account is overdue and discounts or commissions that had been allowed will be reclaimed. Should legal action be required the interest will be charged in accordance with the County Court Act 1984.

14. Where an advertiser instructs / appoints an advertising agent to act on their behalf, the advertiser will remain jointly and severally liable for payment in respect for an advertisement(s) should the appointed agent fail to pay. For the avoidance of doubt, the agent acts for the advertiser and not for the publisher with the agent being responsible for notifying the advertiser of this liability.

15. All queries must be notified, preferably in writing to the accounts department of the publisher within 7 days of the invoice date.

16. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

17. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.

18. The copyright of advertisements produced wholly or partially by the Publishers belongs to the Publishers. Advertisers may not reproduce such advertisements without the Publishers' consent.

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Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, cash stamps or payments of any kind must not be enclosed. A box Number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies. Box numbers alone are not available for use in 'Trade' advertisements, other than Employment and Business Opportunities.

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All advertising must contain the name of the advertiser, phone number alone are not permitted.

Data Protection

The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.

Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes. Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

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By phone

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Classified: **01268 503 430**

Monday-Thursday 9.00-5.30

Fri day 9.00-5.00

Calls may be monitored

By post

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Great Oaks, Basildon,

Essex SS14 1AH

By fax

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In person

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2YR BACK CATALOGUE OF WEIGHT WATCHERS MAGAZINES, all excellent condition, £10 the lot. Tel: 07867 836410

SILENTNIGHT MIRACOL 2 DRAWER SINGLE DIVAN very good condition. £99 Tel: 07714078764

PINE MID SLEEPER WITH SHELF, nearly new mattress, good condition, £95. Tel: 07766 103810.

FRIDGEMASTER UNDER COUNTER FRIDGE. Good condition. Genuine reason for sale £60. Tel: 07979 526921

TWO SEATER BLUE LEATHER SETTEE, very good condition, can deliver, £60. Tel: Basildon 257104.

EXTENDING TABLE AND 4 CHAIRS. Teak wood. Excellent condition. £30. Tel: 01375 674035.

TWO IKEA POANG ARM-CHAIRS, birch, plus footstools, cream covers, will split, £50 the lot. Tel: 07940 389500.

FRIDGE FREEZER, half and half, white, modern, very good condition, can deliver, £95. Tel: 01708 469127.

VHS PLAYER, remote & various films, £20. 14IN PORTABLE TV, remote & instructions, £15. Tel: 07984 733369.

TOMMEE TIPPEE Baby monitor with movement sensor pad. £120 new. Accept £45 o.n.o. Tel: Basildon: 01268 445 166

FISHER PRICE CAR SEAT from birth to 13kg, good condition, no accidents, red and black, £20. Tel: 01375 482069

FUR COAT, ¾ LENGTH, racoon, medium/large, very good condition, £70. Tel: 01268 792074.

RECLINER CHAIR, good condition, beige with pink and blue flecks, £60. Tel: Barking 5948480.

ROUND TABLE, 3ft, plus four chairs, solid pine, good condition, £75ono. Tel: 01268 710167.

EXTRACTOR FAN, Whirlpool range by Ikea, 220/240v, brand new, boxed, was £130, selling £90. Tel: 07990 594312.

TWO SEATER SOFABED, 4ft wide, predominantly blue, metal frame, £50ono. Tel: 01702 546560.

SINGLE BED, solid pine frame, slatted base, height 90 x width 99 x length 198cm, very good condition, £30ono. Tel: 07939 903445.

ROCKING CHAIR, tan faux leather upholstery, good condition, £35. Tel: 01375 679693.

EASYCHAIR, green, buyer collects, £10ono. Tel: 01268 710705.

WASHING MACHINE, AEG, £99. Tel: 01702 474990.

SOFAS, TWO THREE SEATER, immaculate, £99 the pair. Tel: 01277 654688.

RADIATOR, 120CM X 40CM, double panel, as new, £30. Tel: 07815 764868.

LADIES/GIRLS BIKE, 26in wheel, 18 gears, very good condition, £35. Tel: 01268 777446.

PINE COFFEE TABLE, £25. COMPUTER UNIT, pine, £50. Tel: 07913 088438.

SONY TV PLUS STAND, 30in, excellent condition, £50. Tel: 07947 313408.

BED, SINGLE, 3ft, solid pine, plus 9in Myers mattress, £45. Tel: 01708 749559.

ROCKING CHAIR, faux tan leather upholstered, good condition, £35. Tel: 01375 679693.

LEATHER TWO SEATER SOFA, cream, 60in length, very good condition, can deliver, £95. Tel: 01708 469127.

WROUGHT IRON COFFEE TABLE, glass top, £30. Tel: 01708 438687.

BUNK BEDS IN PINE very good condition. Complete. £99. Can arrange local delivery from Rayleigh. Tel: 01268 773218 or 07712 424445

SLIDING WARDROBE DOORS, silver, three patterned doors, two mirror doors, top & bottom tracks, approx 87½ high x 24in wide (2220mm x 620mm), buyer collects, £60. Tel: 01702 542512.

BROTHER KNITTING MACHINE, loads of extras, good as new, £90 ono. BROTHER RIBBING MACHINE, knitting machine add-on, loads of extras, cones, wool, cord, £90ono. Tel: 07946 040358.

BORDER FINE ARTS MOTHER & BABY OWL £15. PORTMEIRION 5" POSY VASE boxed, New £8. SPODE 11" XMAS CAKE PLATE £10. CHILTONWARE PIN DISH £8. Tel: 01708 459043

MENS PEUGEOT MOUNTAIN BIKE, red & white, 26in wheels, 15 speed, 18in frame, excellent condition, £40. BOYS BMX BIKE, all chrome, 20in wheels, no gears, excellent condition, £40. Tel: 01268 767959.

BLACK SACK GIRLS CLOTHES, 7-8yrs, mainly all Next, excellent condition, £20. MEDIUM SIZED DOG CRATE, excellent condition, £30. SELECTION BOB THE BUILDER FRICTION POWERED TOYS, characters, £20 the lot.

SYLVANIAN FAMILY, HOUSE ON THE HILL, excellent condition, £50. SYLVANIAN FAMILY, WILLOW HALL WITH CONSERVATORY, excellent condition, £50. SYLVANIAN FAMILY, DEPARTMENT STORE, includes extra café top extension, excellent condition, £50. SYLVANIAN FAMILY, RIVERSIDE CANAL BOAT, excellent condition, £15. SYLVANIAN FAMILY, RIVERSIDE LODGE, excellent condition, £20. SYLVANIAN FAMILY, COTTAGE HOSPITAL, excellent condition, £10. SYLVANIAN FAMILY, WATERMILL BAKERY, excellent condition, £20. SYLVANIAN FAMILY, ROSEWOOD COTTAGE, excellent condition, £15. Tel: 01268 768633.

COMPUTER, Dell laptop, Windows 7, DVD rw, wifi, anti-virus, office, all leads, battery charger, carry case, perfect working order, bargain £100. Tel: 01702 466855 or 07864 429663.

AIWA TURNTABLE, fully automatic, very good condition, perfect working order, £20. ELECTROLUX CONTOUR UPRIGHT HOVER, plus accessories, £10. LASE WHALE & DOLPHIN FRAMED PICTURES by Talbot, £3 each. DISPLAY CABINET with lights, cupboard, grained wood effect, black, very good condition, £25. WALL MIRROR, arched, black, very good condition, £9. STEAMER, Morphy Richards, 3-tier, stainless steel, brand new, £20. UPLIGHTER with dimmer, flexible spotlight, £10. Tel: 01268 412205.

DARK WALNUT VENEER FURNITURE, dining table, £90, four leather backed dining chairs, £40, sideboard, £75, coffee table, £50, TV unit, £50, bookcase, £50. LEATHER THREE SEATER SETTEE, ivory colour £90. LEATHER TWO SEATER SETTEE, ivory color, £60. KINGSIZE MAPLE WOOD BEDSTEAD, £70. SINGLE DIVAN BED WITH MATTRESS, £30. MAHOGANY COLOUR COFFEE TABLE with drawers, £10. YORK, MODEL 7240 DUAL STACK MULTI-GYM, £80. KARL LEWIS, TWIST STEPPER, £10. Tel: 01268 786041, Rayleigh.

ANTIQUE PINE SQUARE TV & DVD cabinet, two front glass doors, two inside shelves, excellent condition, £50ono. SMALL ANTIQUE PINE TV VIDEO UNIT, drawer below, open front, £20. ANTIQUE PINE, 4ft 6in double bed headboard, £25. THREE OAK & FAUX LEATHER CHAIRS, modern, excellent condition, £10 each or three for £25. MODERN, IKEA, sofabeds, folds out, grey cloth upholstery, as new, was £160, accept £40. DOUBLE ANTIQUE PINE WARDROBE, bottom drawer, excellent clean condition, cost £699, accept £150 bargain. TWO TIER RABBIT HUTCH, good clean condition, £20. SKY PLUS BOX, never used, boxed, all contents, £20. Tel: 07824 647108.

BRAND NEW, SMALL TRAILER to pull behind sit-on lawnmower, £95. EIGHT ALL-WEATHERS WITH SOME TYRES, fit Escort Mk3, need refurbishing, £25 each. Tel: 01245 494405.

ME TO YOU BLUE NOSE BEAR ORNAMENTS. Various ones 17 in total including one limited edition, all in original boxes. Prices from £4 or £75 for the lot. Call for details of bears on: 01268 445166

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BLACK GLASS TV STAND for up to 32in TV (70kg). H 55, W 88, D 54cm. very good condition £25. Hornchurch. Tel: 07890 834717

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BABY CLOTHES, boy's Bag of 0-3 months 30 items £15. BAG OF 6-12 MONTHS 22 items £15. BAG OF 12-18 MONTHS 15 items £10. BAG OF 18-24 MONTHS 10 items £5. Tel: 01268 445166

IKEA, PINE FUTON, beige mattress, excellent condition, mattress 138cm x 192cm, £30. NEXT, FIVE DRAWER WICKER UNIT, height 90cm x depth 35cm x width 45cm, metal frame, £20. Tel: 01277 625179.

QUALITY BED, MILLBROOK, four drawer, pocket sprung divan, £90.00. TONY LITTLE GAZELLE FREESTYLE AIR WALKER, folds down, digital sensors, hardly used, £35.00. Tel: 07826 538031.

FIRE DOOR, 30 minute rated, 80in x 33in x 1.75in, smooth factory finished, light oak, 6mm walnut inlay, B&Q Morton design, brand new, unused, buyer collects, £70. Tel: 01375 674681.

THREE PIECE SUITE, settee, two armchairs, modern design, plain dark blue cushion & frame covers, all machine washable, covers in very good condition, £50. Tel: 01268 418536 10-4pm Hazel, Mon-Fri.

ROYAL BLUE STRAPLESS EVENING/PROM DRESS, Diamante beading on top, matching wrap, worn once, size 14, cost £125, sell £50. NEW BLUE DENIM JACKETS, size 16, £50.00. Tel: 01702 345183 Westcliff.

FISHING, FISHRITE DIAMOND MATCH, black, size large, fleece lined hooded jacket, £25. ZIP-IN FLEECE JACKET, can be worn separate, £10. MATCHING FLEECE LINED BIB & brace, £15. Tel: 01375 859346.

CREAM 2 SEATER LEATHER SETTEE good condition, £85. SOLID PINE SINGLE BED very good condition, £70. LOFT INSULATION-170mm £7.50. CREAM 2 SEATER LEATHER SOFA good condition, £85. Tel: 07792 279696

MOTHERCARE, pram, detachable carrycot, orange & red check, raincover, spare footmuff, £40. BRITAX NEWBORN BABY CAR SEAT, £5. GRACO TRAVELCOT, £20. GRACO CAR BOOSTER with back rest, £10. Tel: 01375 641524.

MOTHERCARE, DOUBLE PUSHCHAIR with travel system, red & black, excellent condition, £60. MAMAS & PAPAS, Eloise cotbed, light wood, good condition, £60. BRITAX, second stage car seat, good condition, black & grey, £30. Tel: 07946 453160.

BLACK COMPUTER CHAIR with arms and gas lift. £20 Tel: 07950 786918 for further information after 6pm. Stanford le hope area

MAHOGANY, GLOSS LAMP TABLE, bevelled glass inlay, 28in diameter x 22in high, lovely item, £40. LAURA ASHLEY, MALMAISON RUG, burnt sienna colour, current design, never been used, retails £175, 69in x 46in, £70. BRAND NEW, KINGSMAN, ELECTRIC GUITAR CASE, black with strap, black velvet inlay, approx 41 1/2in x 15 1/2in x 5in deep, £25. WHITE SHABBY CHIC HALF MOON CONSOLE TABLE, small front drawer, screw-on legs, 31 1/2 in wide x 30in high x 16in deep, £35. PATTERNED OVAL GLASS WALNUT FINISH COFFEE TABLE with pedestal, 46in long x 27in wide x 20 1/2in high, £35. NEXT, DECORATIVE, GOLD OVER MANTEL MIRROR, perfect condition, never been hung, 46in wide x 35in high x 2 1/2in deep, £50. Tel: 01268 511849.

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GIRLS PRAM, Graco, navy blue & pink, excellent condition, steer wheels, carry car seat, brand new, cost £70, accept £20. Tel: 01702 541608.

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GENTS BIKE, good condition, £40. SMALL BIKES, 3 available, good condition, £10-£25. MATERNITY ROCKING CHAIR, plus footstool, good condition, £50. LEATHER SETTEE, two chairs, £120. DRESSING TABLE WITH MIRROR, wooden, £25. Tel: 01708 452376.

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NATHAN, RECTANGULAR TEAK COFFEE TABLE, 39in x 24in x 15in high, immaculate condition, £45.00. JOHN LEWIS, square tapered shade, suit table lamp only, ivory silk thread wound round frame, 30cm shade still available at £35, accept £15, 25cm shade currently £30, accept £10, both immaculate. Tel: Southend 556116.

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pretty female 18, likes to look after herself and look good, seeks older free spirited male to look after me. Status/race unimportant. Tel No: 0906 500 6358 Box No: 358161

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attractive blonde, sensual, interesting, looking to further life's experiences with adventurous, discreet male. Any age. Can travel/accommodate. Tel No: 0906 500 6358 Box No: 358155

39YRS

young and up for some serious fun times. Life is far too short not to enjoy it. so what you waiting for? Call me! Tel No: 0906 500 6358 Box No: 358153

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to the area and seeking male companionship. Attractive singleton 32, fit, caring, anxiously awaits your call. Can travel/accommodate. Tel No: 0906 500 6358 Box No: 358133

35YR

old flirtly social female looking to share fun times, romance and love with special male also looking for adult companionship. ACA. Tel No: 0906 500 6358 Box No: 358131

VERY

young 40's female looking for younger man to care for, share special intimate fun times together. Can travel/accommodate. Tel No: 0906 500 6358 Box No: 358129

EASYGOING

honest female 30, slim, blue eyed and new to this, seeks spontaneous male with plenty of spare time. Any age/status/race. Tel No: 0906 500 6358 Box No: 358285

QUALITY

time rather than quantity! Charismatic, sexy, independent and all the things a real woman should be, just missing my soul mate. ACA. Tel No: 0906 500 6358 Box No: 358283

FEMININE

beauty looking for fun times with likeminded outgoing male, if like the sound of me pls call. ACA. Tel No: 0906 500 6358 Box No: 358279

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I'm a fit 40's female who loves countryside and doing couple things, seeking a romantic male for hand holding and love. Tel No: 0906 500 6358 Box No: 358261

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old female with GSOH looking for blind date material, take a chance on me, you wont be disappointed. ACA. Tel No: 0906 500 6358 Box No: 358259

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BOX

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ATTRACTIVE

female 38, blue eyes, blonde hair, WLTm nice looking slim/well built man to share life, love and special times. Tel No: 0906 500 6358 Box No: 355241

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blue eyed blonde, many interests, seeks well built male who's looking for an uncomplicated relationship with a real woman. Tel No: 0906 500 6358 Box No: 355239

I'M

36yrs old, blue eyed, slim brunette seeking an older male, single dads welcome, pls call if that's what you are looking for, I promise to call you back. Tel No: 0906 500 6358 Box No: 355759

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time girl, tall, sexy baby blues, seeks exciting male for wild nights in and out. Fun guaranteed. Tel No: 0906 500 6358 Box No: 356624

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flirty brunette, seeks mature guy for good times. Are you up for it? Tel No: 0906 500 6358 Box No: 376404

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slim blonde, no ties, been without male attention for far too long! Seeks mature, confident male. Looks unimportant. Tel No: 0906 500 6358 Box No: 375980

SENSUAL

bubbly blonde believes life is for fun, laughing and loving WLTm tall, attractive guy who feels the same for fun times. Tel No: 0906 500 6358 Box No: 328139

STATUESQUE

beauty, long dark hair, slim but busty, loves life, seeks tall younger male who can press all the right buttons. ACA. Tel No: 0906 500 6358 Box No: 369104

VERY

feminine blue eyed blonde seeks strong, well built male to share good times. Tel No: 0906 500 6358 Box No: 377076

VERY

pretty petite brunette, 28, active and sexy seeks good looking professional guy for fun times. Tel No: 0906 500 6358 Box No: 375972

TANYA

30, beautiful, petite, long brown hair and very shy until you get to know me. If you are dark and handsome I promise I won't be shy for long. Tel No: 0906 500 6358 Box No: 329339

VOLUPTUOUS

black lady seeks older, well spoken professional or retired male. Must be genuine and fun. Tel No: 0906 500 6358 Box No: 349019

STUNNING

brown eyed brunette looking for love seeks someone special to share a happy loving future with. Tel No: 0906 500 6358 Box No: 349023

BEAUTIFUL

feminine girl, 18, who loves to party WLTm hunky kinda guy for friendship/LTR. Tel No: 0906 500 6358 Box No: 349907

TALL

leggy lady, curvy, caring and genuine, solvent with own home. If you are a genuine male I would like to meet you, looks/age unimportant. ACA. Tel No: 0906 500 6358 Box No: 355757

INDEPENDENT

nurse, late forties, looks much younger, if you are looking for some fun and enjoyment call me now and I will tell you what I'm looking for. ACA. Tel No: 0906 500 6358 Box No: 355755

SLIM

blue eyed lady with GSOH, slightly shy and creative, looking for a strong minded male who is a decision maker. I would ask you to call me. Tel No: 0906 500 6358 Box No: 355771

PETITE

professional black lady seeks broadminded white male of any age to share the finer things in life. ACA. Tel No: 0906 500 6358 Box No: 357161

BROADMINDED

young 22yrs old female, loves all sorts of things, seeks male any age. Looks/status unimportant. Tel No: 0906 500 6358 Box No: 357157

DARK

Sultry foreign beauty seeks discreet man to love. Could it be you? Tel No: 0906 500 6358 Box No: 357155

HI

I'm Sue, attractive, with very sensual eyes! Curvy size 14, desperately seeking fun times with fun male. Tel No: 0906 500 6358 Box No: 357135

SENSUAL

female, 32yrs, long blonde hair, varied interests WLTm older guy, looks unimportant, for fun times. Tel No: 0906 500 6358 Box No: 357133

YOUNG

looking, slim petite lady 42yrs seeks man of any age to spend 2011 with, ACA you won't be disappointed. Tel No: 0906 500 6358 Box No: 357131

30YRS

old curvy sensual black female seeks older white passionate male for cosy nights in. ACA Tel No: 0906 500 6358 Box No: 357143

I'M

still single! Waiting for a nice guy of any age to sweep me off my feet. I'm fun loving and looking for a good time. Tel No: 0906 500 6358 Box No: 357141

BEAUTIFUL

slim brunette, big brown eyes, 39, kind and gentle nature, seeks similar kind male for quality/fun times. Tel No: 0906 500 6358 Box No: 355243

BLUE

eyed blonde lady, young 44yrs, loves adventurous fun. Living alone in own home. Call to hear my naughty side, I do have one! Seeking older male 45 - 65ish. Tel No: 0906 500 6358 Box No: 355769

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Dagenham & Redbridge

Daggers lose to leaders

DAGENHAM & Redbridge battled bravely but it was not enough as they went down 1-0 to League One leaders Brighton & Hove Albion at the London Borough of Barking and Dagenham Stadium on Tuesday night.

Glenn Murray's goal just before the hour mark was enough to separate the two teams, leaving the Daggers a point above the drop zone, but having played one of their games in hand over their fellow relegation rivals.

John Still's men should have taken the lead in the first half, but striker Bas Savage hit the crossbar with a close range effort, although it seemed easier to score than miss.

But the leaders showed the extra bit of quality which has seen them to the top of the league when Murray produced a sublime volley from Craig Noone's cross.

Leyton Orient

O's suffer thrashing

RUSSELL Slade's 10 men Leyton Orient's play-off hopes suffered a severe blow after his former club Yeovil took all three points on Saturday ended their six-month unbeaten home run.

Matt Spring was red carded as Swansea loan man Shaun MacDonald hit a first-half hat-trick, as the Glovers rubbed salt into the east Londoners' wounds with Andrew Welsh and Dean Bowditch completing the 5-1 rout.

In-form Dean Cox provided Orient's only spark with a late consolation.

A stunned boss Russell Slade said: "It was an absolute disaster - there's no point in saying anything else."

Orient make the short trip to Charlton Athletic this Saturday (kick-off 3pm)

Harvey's hat-trick seals vital victory for Raiders

Ice Hockey

Romford Raiders 7-2 Oxford City Stars

FRANKIE Harvey's hat-trick saw the Romford Raiders home after a slow start had threatened to curtail their chase for second place on Sunday.

With a 3-3 tie in Chelmsford on Saturday all but wrapping up second place for the Chieftains, the Raiders knew they had to keep the pressure on with a win over the visiting Oxford City Stars on the penultimate week-end of regular season fixtures.

The Stars, themselves battling for play-off position, made a swift start as goals from Ken Forshee and Gareth Endicott had the visitors 2-0 ahead at the break.

Juraj Huska's goal early in the second period sparked a seven-goal run masterminded by the excellent Harvey, who completed his hat-trick in the third period on a wide-open rebound between the circles after Jason Buckman had driven hard to the net.

With one weekend left before the play-offs, it looks likely that Romford will finish third earning a post-season match-up with either Oxford, the Cardiff Devils, MK Thunder or Bracknell Hornets, all of whom are shuffling for lower-end playoff position.



HAT-TRICK HERO: Frankie Harvey.

Picture by John Scott

Rugby Union

Barking keep up chase, but Southend beaten

BARKING kept up the pressure on leaders London Scottish in National League One with a 14-34 win at Wharfedale on Saturday.

Both teams broke the 100 point barrier, but Barking crucially have a game in hand over their rivals, who saw off Macclesfield 60-10.

The Eastenders ran in five tries to their opponents two, picking up the bonus point in the process.

Southend's bid for third place in National Two South took a hit, losing 36-25 at lowly Westcombe Park.

Despite a good start, Southend faltered to allow Westcombe to grab the spoils, with Southend's tries coming from Michael Guess, Danny Cleare and Mark Billings.

The defeat also ended Southend's run of seven consecutive wins.

Leaders Westcliff notched up their 20th consecutive win in London One North, beating strugglers Ruislip 51-29.

Thurrock edged out Eton Manor 28-29 in a tight encounter to go fifth, while Chingford's losing streak continued, going down 24-19 to Bury St Edmunds.

Woodford's relegation battle worsened with a 54-0 defeat at Letchworth Garden City, while Brentwood lost out 24-36 to Colchester.

Rochford Hundred maintain a one point lead at the top of London Two North East following their 7-50 victory at bottom side Harlow. They are ahead of Braintree who brushed aside Canvey Island by 8-41, while third place Romford & Gidea Park beat Enfield Ignatians 20-35.

Chelmsford remain in the hunt in fourth following their 32-14 win at Ipswich.

In London Three North East, Basildon also have a one point lead at the top after beating second bottom Bancroft 51-14.

Lowestoft & Yarmouth are behind after they were awarded an away win at Newmarket.

Elsewhere, Wanstead remain fifth with a 5-15 victory at Upminster, while South Woodham Ferrers maintained their mid-table position with a 27-29 success at Campion.

Essex One: Billericay 15-3 Old Cooperians; Dagenham 16-8 Clacton; Maldon 19-40 East London; Millwall 17-13 Pegasus Palmerians; Thames 26-17 Brightlingsea.

Essex Two: Burnham-on-Crouch 20-30 Writtle Wanderers; Phantoms 7-23 Kings Cross Steelers; Stanford Le Hope 12-65 Upper Clapton

Clarets lose to rivals, while Thurrock win 'six-pointer'

Non-League Football

CHELMSFORD City lost out at Blue Square South play-off rivals Welling United on Saturday, going down 2-0.

The defeat saw Welling leapfrog the Clarets, who still cling on to play-off spot in fifth place. At the other end, Bromley's Leon McKenzie came back to haunt his former club Thurrock, who went down 1-0 to put pressure on Fleet in their battle against the drop.

The play-off battle in Ryman League Premier heats up, with Canvey

Island moving up to sixth after Jason Hallett's hat-trick saw them to a 3-0 win at Hendon on Monday night.

Billericay Town still hold on to a spot in fifth, despite going down 2-1 at home to fellow promotion hopefuls Bury Town on Saturday.

Concord Rangers dropped down to eighth after Canvey's win and had to settle for a 1-1 draw against Carshalton Athletic.

AFC Hornchurch sit in tenth place, three points off the play-offs, but it could have been better following their 2-2 draw at Margate.

Aveley's relegation battle took a

hit, losing to Lowestoft Town on Monday night 3-0.

East Thurrock United won 4-0 at Ilford on Monday night to increase their lead at the top of Ryman League Division One North to six points after Needham Market drew on Tuesday night.

Other Tuesday night fixtures saw Maldon & Tiptree suffer late heart-break, going down 3-2 at Waltham Abbey. It was all square between Grays Athletic and Heybridge Swifts.

Ilford ended third place Brentwood Town's nine-match winning run on Saturday, winning 2-0. Waltham For-

est lost 3-0 at Enfield Town to edge them nearer to relegation.

Romford's play-off hopes took a hit, losing 4-1 at Harlow Town.

Heybridge Swifts kept their play-off hopes alive with a 1-0 victory at Ware through Luke Callander despite having Sam Berry earn two yellow cards.

Maldon & Tiptree drop out of the play-offs after their 1-1 draw against Thamesmead Town. Tilbury saw off Waltham Abbey 2-1.

Redbridge won 3-1 at Great Wakering Rovers, while Grays beat Wingate & Finchley 2-1.

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Things are looking good for window firm after top award



The above picture is Mr Elliot receiving the FMB Award for 2006

A HIGHAMS Park company has beaten hundreds of other hopefuls to be named London's best conservatory creator. The East London Window Company in

OVER THE MOON: (From left to right) FMB President David Croft, TELWEC, happy customer Rose Moreland, boss Eddie Elliot and London FMB President Nigel Pound.

Winchester Road, won the London regional heat of the Master Builder of the Year awards, run by the Federation of Master Builders (FMB), the construction trade association. Judges called the company's entry a perfect example of the extra space you can achieve with even a small conservatory. Boss Eddie Elliot, 44, said "We're absolutely over the moon, as double glazing companies don't usually win anything. The competition was

intense and we're not a national company or even a regional company. "In fact 80 per cent of our work is done in Waltham Forest. "I've always known we do good work but winning an award is tremendous." All the winners in the awards are nominated by satisfied customers and the company that scoops the top Master Builder of the Year prize will win a new Nissan van and a £3,000 holiday of choice. London regional director of the federation Laura

Hayes said; "The Master Builder of the Year awards is our response to all those bad builder stories. Delighted home owners have provided us with details of builders who have given them high quality workmanship and great standards of service." The company is now invited to Warwickshire for the finals on September 8 which will be presented by Sarah Beeny of Channel 4 Property Ladder.



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